

## 3D PSHE Long-term Matrix Year 5

### Autumn 1

Core Theme	Unit	Objectives	Lesson Guidance
3. Living in the Wider World	Unit 1 Rules and Responsibilities	<ul style="list-style-type: none"> <li>To understand why structure is needed in different situations</li> <li>To understand the term 'anarchy' and understand the implications of living in an anarchic society</li> </ul>	Lesson 1 Structure: just Imagine
3. Living in the Wider World	Unit 1 Rules and Responsibilities	<ul style="list-style-type: none"> <li>To know and understand the meaning of the following:- democracy, sovereignty, dictatorship, government, monarchy</li> </ul>	Lesson 2 Law and Order: In Charge
3. Living in the Wider World	Unit 1 Rules and Responsibilities	<ul style="list-style-type: none"> <li>To learn about organisations such as the United Nations</li> <li>To understand the importance and significance of equal rights</li> </ul>	Lesson 3 U.N Rights: Our Rights
2. Relationships	Unit 4 Healthy Relationships	<ul style="list-style-type: none"> <li>To know that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous</li> <li>To know how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met</li> <li>To know that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health</li> </ul>	Lesson 5 Online Relationships: A Risky Business

1. Health and Wellbeing	Unit5 Safety	<ul style="list-style-type: none"> <li>• To take action based on responsible choices</li> <li>• To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends</li> <li>• To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs</li> </ul>	Lesson 1 Drugs: Just Say No!
1. Health and Wellbeing	Unit 5 Safety	<ul style="list-style-type: none"> <li>• To take action based on responsible choices</li> <li>• To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends</li> <li>• To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs</li> </ul>	Lesson 2 Alcohol: Drink Aware

## Autumn 2

Core Theme	Unit	Objectives	Lesson Guidance
1. Health and Wellbeing	Unit 4 Emotions	<ul style="list-style-type: none"> <li>To develop strategies for understanding, managing and controlling strong feelings and emotions and dealing with negative pressures</li> <li>To manage changing emotions and recognise how they can impact on relationships</li> </ul>	Lesson 1: Death and Grief: It's Natural
1. Health and Wellbeing	Unit 4 Emotions	<ul style="list-style-type: none"> <li>To know about and understand the cyclic nature of life and how death is an inevitable part of this cycle</li> </ul>	Lesson 2 Death and Grief: Poppies
1. Health and Wellbeing	Unit 4 Emotions	<ul style="list-style-type: none"> <li>To understand the need for empathy when peers are experiencing conflict at home</li> </ul>	Lesson 3 Managing Conflict: Families at War
3. Living in the Wider World	Unit 2 Diversity	<ul style="list-style-type: none"> <li>To understand the benefits of living in a diverse community and learn to celebrate diversity</li> <li>To talk with a wide range of adults</li> </ul>	Lesson 1 Community Event: We're Cultured!
3 Living in the Wider World	Unit 4 Extremism and Radicalisation	<ul style="list-style-type: none"> <li>Understand the meaning and importance of resilience and courage</li> <li>Recognise and know how to deal with situations involving peer pressure</li> </ul>	Lesson 1 Building Courage and Resilience: Don't be a Sheep
3 Living in the Wider World	Unit 4 Extremism and Radicalisation	<ul style="list-style-type: none"> <li>Identify why and how people are recruited into extremist activity</li> <li>Identify some of the stereotypes relevant to extremism</li> <li>Understand how extremism can lead to harm</li> </ul>	Lesson 2 Extreme Reactions: Planet Parallel

## Spring 1

Core Theme	Unit	Objectives	Lesson Guidance
1. Health and Wellbeing	Unit 1 Health	<ul style="list-style-type: none"> <li>To know about, recognise and understand changes that occur during puberty</li> </ul>	Lesson 2 Physical, Emotional and Mental:- What is Puberty?
1. Health and Wellbeing	Unit 1 Health	<ul style="list-style-type: none"> <li>To understand the importance of making change in adopting a more healthy lifestyle</li> </ul>	Lesson3 Healthy Lifestyles: You Choose!
1. Health and Wellbeing	Unit 5 Safety	<ul style="list-style-type: none"> <li>To take action based on responsible choices</li> <li>To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends</li> <li>To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs</li> </ul>	Lesson 3 Tobacco: Up in Smoke
1. Health and Wellbeing	Unit 5 Safety	<ul style="list-style-type: none"> <li>To take action based on responsible choices</li> <li>To identify the different kinds of risks associated with the use and misuse of a range of substances and the impact that misuse of substances can have on individuals, their families and friends</li> <li>To make responsible, informed decisions relating to medicines, alcohol, tobacco and other substances and drugs</li> </ul>	Lesson 4 Substance Abuse: Let's be Frank
3. Living in the Wider World	Unit 4 Extremism and Radicalisation	<ul style="list-style-type: none"> <li>Recognise individuality and celebrate differences</li> <li>Identify and challenge stereotypes, including LGBT</li> <li>and other minority groups</li> </ul>	Lesson 3 Minority Groups: That's So Gay

## Spring 2

Core Theme	Unit	Objectives	Lesson Guidance
1. Health and Wellbeing	Unit 1 Health	<ul style="list-style-type: none"> <li>To know about the basic synergy between physical, emotional and mental health</li> </ul>	Lesson 1 Physical, Emotional and Mental: 3-Dimensional
2. Relationships	Unit 1 Communication	<ul style="list-style-type: none"> <li>To recognise that there are many different ways to communicate</li> <li>To understand the need for confidentiality in certain situations</li> </ul>	Lesson 1 Confidentiality: Secret Info
2. Relationships	Unit 1 Communication	<ul style="list-style-type: none"> <li>To know and understand the importance of listening to others</li> <li>To understand the role of the listener in any relationship</li> </ul>	Lesson 2 Listening: I'm All Ears!
2. Relationships	Unit 1 Communication	<ul style="list-style-type: none"> <li>To recognise that there are many ways to communicate</li> <li>To understand the need to both listen and speak when communicating with others</li> </ul>	Lesson 3 Responding: Scenarios
3. Living in the Wider World	Unit 4 Extremism and Radicalisation	<ul style="list-style-type: none"> <li>Recognise extremism and radicalisation</li> <li>Identify why and how people are recruited into radicalised activity</li> <li>Identify some of the stereotypes relevant to radicalisation</li> <li>Identify the risks faced in relation to extremist activity</li> <li>Understand how they can lead to harm</li> </ul>	Lesson 4 Vulnerability: Easily Influenced

## Summer 1

Core Theme	Unit	Objectives	Lesson Guidance
1. Health and Wellbeing	Unit 2 Nutrition and Food	<ul style="list-style-type: none"> <li>To know about the different food groups and their related importance as part of a balanced diet</li> <li>To develop an awareness of their own dietary needs</li> </ul>	Lesson 1 Food Choices: Secret Eaters
1. Health and Wellbeing	Unit 2 Nutrition and Food	<ul style="list-style-type: none"> <li>To work independently and in groups, taking on different roles and collaborating towards common goals</li> <li>To take responsibility for their physical activity and nutrition in achieving a physically and mentally healthy lifestyle</li> </ul>	Lesson 2 Food Choices: Intervention Team
1. Health and Wellbeing	Unit 2 Nutrition and Food	<ul style="list-style-type: none"> <li>To know how to cook and apply the principles of nutrition and healthy eating</li> <li>To prepare and cook with a variety of ingredients, using a range of cooking techniques</li> </ul>	Lesson 3 Cooking: Michelin Stars
2. Relationships	Unit 4 Healthy Relationships	<ul style="list-style-type: none"> <li>To know about and understand the importance of touch in a range of contexts</li> <li>To know the difference between appropriate and inappropriate touches</li> </ul>	Lesson 1 Physical Contact: Touch Sensitive
3. Living in the Wider World	Unit 4 Extremism and Radicalisation	<ul style="list-style-type: none"> <li>Recognise extremism and radicalisation</li> <li>Identify why and how people are recruited into radicalised activity</li> <li>Identify some of the stereotypes relevant to extremism</li> <li>Identify the risks faced in relation to extremist activity</li> <li>Understand how they can lead to harm</li> </ul>	Lesson 5 Terrorism: Ground Zero

## Summer 2

<b>Core Theme</b>	<b>Unit</b>	<b>Objectives</b>	<b>Lesson Guidance</b>
2. Relationships	Unit 2 Collaboration	<ul style="list-style-type: none"><li>• Understand that there are many situations in which collaboration is necessary</li><li>• To understand the need to develop teamwork skills</li></ul>	Lesson 1 Responding: Scrabble
2. Relationships	Unit 2 Collaboration	<ul style="list-style-type: none"><li>• To recognise that there are many roles within a community</li><li>• To understand the need to collaborate in a group situation</li></ul>	Lesson 2 Shared Goals: It's All Go!
2. Relationships	Unit 2 Collaboration	<ul style="list-style-type: none"><li>• To recognise that there are many roles within a community</li><li>• To understand the need to collaborate in a group situation</li></ul>	Lesson 3 Community Spirit: All Join In
1. Health and Well Being	Unit 5 Safety	<ul style="list-style-type: none"><li>• To know concepts of basic first-aid, for example dealing with common injuries, including head injuries</li></ul>	Lesson 5 Basic First Aid: First Aid Tips